



Slow-Cooker Turkey Meatballs

 Dairy Free

READY IN



470 min.

SERVINGS



20

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cornstarch
- 0.3 teaspoon pepper red crushed
- 1 large eggs lightly beaten
- 1 teaspoon ginger fresh grated
- 2 cloves garlic finely chopped
- 1 pound pd of ground turkey 85% lean ()
- 2 tablespoons brown sugar light packed
- 2 tablespoons onion finely chopped

- 0.3 cup panko bread crumbs
- 20 120-oz. can pineapple chunks in 100% juice 100% drained canned
- 0.5 bell pepper red seeded cut into 1/4-inch dice
- 0.3 cup rice vinegar
- 0.5 teaspoon salt
- 2 tablespoons soya sauce
- 1 tablespoon vegetable oil

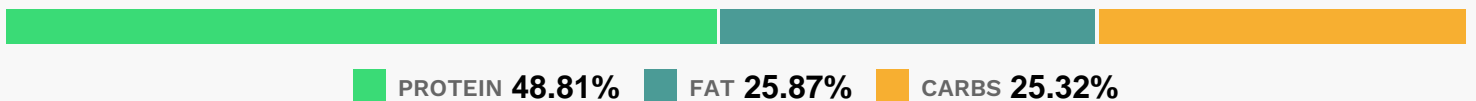
Equipment

- bowl
- frying pan
- paper towels
- whisk
- slow cooker

Directions

- Line a plate with paper towels.
- Mix turkey, onion, garlic, ginger, egg, panko and salt in a bowl. Shape into 1 1/2-inch balls.
- Warm vegetable oil in a skillet over medium-high heat. Cook meatballs, turning, until browned, about 8 minutes.
- Drain on lined plate; transfer to slow cooker. Scatter bell pepper on top.
- Whisk together vinegar, soy sauce, sugar, crushed red pepper and 1 Tbsp. cornstarch; pour over meatballs. Cover; cook on low for 5 to 7 hours.
- Whisk remaining cornstarch into juice. During last 30 minutes of cooking, stir in pineapple and juice mixture.

Nutrition Facts



Properties

Glycemic Index:8.45, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:3.1752173848774%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 49.58kcal (2.48%), Fat: 1.42g (2.18%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.96g (1.08%), Sugar: 1.57g (1.74%), Cholesterol: 21.77mg (7.26%), Sodium: 180.41mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.05%), Vitamin B3: 2.36mg (11.82%), Vitamin B6: 0.22mg (10.93%), Selenium: 6.1µg (8.71%), Phosphorus: 61.99mg (6.2%), Vitamin C: 4.07mg (4.94%), Zinc: 0.47mg (3.11%), Vitamin B5: 0.26mg (2.63%), Vitamin B2: 0.04mg (2.62%), Potassium: 88.42mg (2.53%), Vitamin A: 120.28IU (2.41%), Vitamin B12: 0.14µg (2.34%), Magnesium: 8.85mg (2.21%), Iron: 0.34mg (1.88%), Vitamin B1: 0.03mg (1.81%), Manganese: 0.03mg (1.57%), Folate: 5.76µg (1.44%), Vitamin K: 1.5µg (1.42%), Copper: 0.02mg (1.19%), Vitamin E: 0.16mg (1.04%)